

~~KAMISHITSA~~
KAMISHITSA
(Bulgaria)

Pronunciation: Ka-mee-shee-tsah
Source: Learned from Native in Bulgaria. First taught by Michel Cartier at Stockton Folk Dance Camp in 1960.
Record: Folk Dancer MH LP104
Formation: An open circle of dancers, married men first, married women followed by young girls and finally bachelors. Men and boys use belt hold and women and girls hold hands at shoulder height. Between men and women there is a handkerchief and the holders must be relatives.
Note: This dance comes from the town of Tatar Pazardjik in the Thracian Plain (west). Not only is the formation typical of the Thracian folklore, but also the order in which the dance is performed: first an introduction to take the dancers some slow steps which are accompanied by a song, followed by some more variations done to an accelerated tempo until the ending step. There is a description on every step as to fit the record the dancers must do them 4 times each.
Style: Thracian dancers always keep their feet close to the floor. They dance with feet apart and knees bent. Don't bend your body, and keep your head up, very proud. Women are feminine and more reserved than men.
Rhythm: The 7/8 rhythm is most easily broken down into a "slow-quick" pattern. Tempo will accelerate after the 4th step.
Meas: Ct. Pattern
INTRODUCTION
1 1 Wt of body on RF and point L toe: bend R knee
2 Bend R Knee
3 Bend R Knee
2-8 Repeat the same thing, alternating feet.
FIRST STEP (four times)
1 1 Step on RF to R, LF begin to cross in front of it
2 LF continue to R, slight lift on RF
3 Step on LF in front of RF. RF rise in behind
2 1 Step on RF to R, swing LF in the air, L knee behind
2 Keep LF in position, slight lift on LF
3 Keep LF in position, slight lift on LF
3 1 Step on LF on spot, swing RF in the air, knee bent
2 Keep RF in position, slight lift on LF
3 Keep RF in position, slight lift on LF
SECOND STEP (four times)
1 1-3 As measure 1 of first step
2 1 Step on RF to R (Keep LF where it is).
2 Stamp with L heel on side of RF
3 Stamp with L heel in front of RF
3 1 Step on LF on spot
2 Stamp with R heel on side of LF
3 Stamp with R Heel in front of LF
4 THIRD STEP (four times)
1 1-3 As measure 1 in second step
2 1-3 As measure 2 in second step
3 1 Step on spot on LF
2 RF toe stamp once behind. Dancers look at it
3 RF toe stamp once behind. Dancers look at it

Cont
(Continued)

Kamishitsa - Continued

<u>Meas:</u>	<u>Ct:</u>	<u>Pattern</u>
		<u>FOURTH STEP</u> (four times)
1	1-3	As measure 1 in first step, but jump on 1
2	1	Put LF in front and RF in back
	2	Reverse: RF in front and LF in back (scissor step)
	3	Reverse: LF in front and RF in back (scissor step)
3	1	Step on toe of LF
	2	Cross with RF in front of it, raising LF in back
	3	Step on LF on spot and raise RF ready for....
		<u>FIFTH STEP</u> (four times)
1	1	Jump and land on both feet: LF fwd, RF in back
	2	Jump to R, landing on toe of RF
	3	Step LF behind RF
2	1-3	As in meas 2 of 4th step
3	1-3	As in meas 3 of 4th step
		<u>SIXTH STEP</u> (four times - on spot facing center)
1	1	Step on RF and kick LF out
	2	Jump on RF
	3	Step on LF and raise RF
2	1-3	As in measure 2 of 4th and 5th steps
3	1-3	As in measure 3 of 4th and 5th steps
		<u>SEVENTH STEP</u> (Four Times)
1	1-3	As in measure 1 of 6th step
2	1-3	As in measure 2 of steps 4,5, and 6
3	1	RF is pulled behind while stepping on L
	2	Jump on LF and RF comes fwd
	3	R heel stamp in front
4	1	RF is put in place (Wt on it), LF is pulled behind
	2	Jump on RF and LF comes fwd
	2	Jump on RF and LF comes fwd
	3	L heel stamp in front
5	1	LF is put in place (wt on it), RF is pulled behind
	2	Jump on LF and RF comes fwd
	3	R heel stamp in front
6	1-3	As in measure 2 of steps 4,5, and 6
7	1-3	As in measure 3 of Steps 4,5, and 6
		<u>ENDING STEP</u>
1-3		Repeat 8 times the 6th step and add this:
1	1	Stamp RF
	2	Raise LF fwd (knee bend) and shake it
	3	Jump and land on LF, stamp RF in front